

Table 16b. Type of Physical Activity, BRFSS 1999, State of Hawaii

	Percent	95% CI		Sample size
Aerobics	19.5	17.1	22.2	307
Ball Sports	11.4	9.4	13.7	178
Gardening	5.8	4.5	7.4	105
Jogging/Running	11.8	9.8	14.2	159
Walking	41.2	38.1	44.4	683
Water Sports	6.4	5.0	8.1	115
Other	3.9	3.0	5.1	76

Source: Planning and Evaluation Section, Community Health Division, DOH

Figure 16c: Types of Physical Activity, BRFSS 1999, State of Hawaii

